

Gotami Anagarika Sasun Ketha

Buddhist Women's Institute For Spiritual Development

- House Of Celibacy -

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This is a house we propose to establish for girls of the Sri Lankan Buddhist community who wish to live a life of dignified detachment, divorced from the stresses and turmoils of household living into whose midst they can get unexpectedly but painfully thrown in. Those who choose to come in shall observe life-long celibacy. Exceptions may be considered.

But this is not a monastic institution. This is a house of Anagārikā [Homeless] Upāsikās whose solace in life shall be the fact of their renunciation of what bring unhappiness in their wake. The lives of the Anagārikās shall be guided by self-opted conventions of propriety and decorum which come under the domain of Buddhist *sīla*.

Its doors are open to females of the age group of 20 to 40 years who wish to leave household life in pursuit of Nibbanic peace. Special cases of lower or higher age groups would, on application, be considered by the Board of Management, under special circumstances.

Please note that persons subject to psycho-, neuro-, or physical disabilities would find it difficult to fit into this program. Life at the Institute would be a life-long apprenticeship, guided and regulated.

The program at the Institute looks after two major areas -

A.

1. Introduction of participants to the major doctrines of Buddhism as originally promulgated by the Buddha during his life time, with an awareness of the deviations and deflections, both of theory and

practice which have taken place over the centuries.

2. To be of assistance to this acquisition of a knowledge of the fundamental Buddhist doctrines, all participants are required to gain a working knowledge of the Pali language which would be taught at the Institute from the very beginning.
3. In a long range vision, a working knowledge of English would be of very great value to all participants. The Institute would also promote the study of English and offer all assistance. We eagerly look forward to our Anagārikās soon turning out to be carriers of the message of the Dhamma to a wide range of people in the land.

B.

1. From the very beginning, living the higher religious life [*adhisīla - sikkhā*] would be the major requirement.
2. As noviciates, the participants will first go through a period of training in the observance of the eight precepts or *aṭṭha sil* [*aṭṭhaṅga uposatha*], taken up as a life-long activity, as a gradual but definite moving away from the regular life style of the lay community with regard to food, entertainment and physical comforts.
3. After a specified period of training, the participants would be upgraded to the observance of the ten precepts [*dasa sikkhāpadāni*].
4. Basic training in mind culture through meditation or *bhāvanā* [*adhicitta - sikkhā*] will be introduced at this stage. Meditation will be an essential part of their regular daily activities.

1. At the stage of taking the *dasa -sīla*, the participants would be required to shave their heads and wear a specifically designed garment.

It shall consist of (a) a loose-fitting long-sleeved shirt up to the hips, (b) a waist-length vest, (c) ankle-length lower garment, worn wrapped round like a sarong, (d) an upper wrap, worn over the left shoulder and tied together at the right hip, (e) a sleeping gown for night use only. None of these shall be of the colour worn by Buddhist monks. These shall not resemble, in colour or design, the robes worn by monks.

They shall also be provided with a different work kit to be worn during work sessions like cleaning of the premises, washing of clothes etc.

2. The Anagārikās shall not use begging bowls [*pātra*] like those used by monks, for collecting food or eating. They shall not go round begging. Food may be offered to them at their residence by prior arrangement.
3. They shall use only simple foot wear like rubber slippers.
4. They shall use only yellow coloured umbrellas.

Already a premises, with limited accomodation, situated witin the City of Colombo has been offered to us. This gift is highly appreciated. Public cooperation is very welcome. Write to us for further particulars.

Those who wish to join us as Anagārkās may now please apply, giving particulars of age, family details and educational qualifications.

Address all reponses and inquiries to:

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